

# HOME INTERESTS

## Our Old Friend the Potato

Of all the vegetable kingdom there is no vegetable more nourishing or more palatable than our old friend the potato. Try some of these dishes with it as the background.

Add to this one quart sweet milk, one tablespoon butter, pinch salt, a little pepper. Reheat and thicken with one tablespoon flour, mixed with cold milk and serve with crisp crackers.

### Potato Soup.

One large cup fresh diced potato, one-half cup minced celery, one-half cup minced onion. Boil together until soft in a little salted water and pour through colander.

### Potato Scones.

One large cup freshly boiled mashed potato, two small cups sifted flour, with one teaspoonful of baking powder, one tablespoonful of lard or other shortening, one egg well beaten, pinch salt, one large teaspoonful sugar.

Mix well together with sweet milk. Turn on a floured board, roll and cut into triangles. Bake in quick oven until nicely brown. Split and butter. Serve hot with jelly or jam.

### Potatoes au Gratin.

Cut one pint cold boiled potatoes into dice; make cream sauce with two level tablespoonfuls of butter, two level tablespoonfuls of flour, one cup milk, one-half teaspoonful salt and dash of pepper. Add good half cup rich yellow cheese shaved fine and stir over hot water till cheese is dissolved.

Put alternate layers of sauce and potatoes in baking dish and cover top layer of sauce with buttered bread crumbs. Brown in quick oven.

### Stuffed Potatoes.

Remove the tops from medium sized, well baked potatoes with a knife. Hull out the inside. Cream with milk. Allow one teaspoonful of grated cheese to each potato. Add to the creamed portion. Add salt and pepper to taste.

Refill the potato with the mixture, cover the top with the grated cheese, place in a baking pan, with the potato standing upright. Return to the oven until piping hot. Garnish with parsley and serve on individual dishes. This is an excellent meat substitute.

### Potatoes and Cheese.

Boil six or seven potatoes until nearly, mash very smooth, add two tablespoonfuls butter, pepper and salt to taste and enough hot milk to make quite soft. Beat into potatoes one-half cupful of grated cheese, then grate thin layer of cheese on the top and set in oven until the cheese toasts.

### Potato Puffs.

Two cupfuls of mashed potatoes, two eggs whipped lightly, one tablespoonful melted butter, one cupful of milk and one teaspoonful of salt. Beat ingredients together until fluffy and put into greased muffin tin. Sprinkle the top with grated cheese and brown in oven.

## Talks with the Chaperon

"Oh, I'm so tired of being home!" Evelyn burst out.

"And I am just as tired of having every one think that because I'm not cross-eyed or snub-nosed I can't do anything worth while!" Alice grumbled.

"But you are not at all plain to me, Evelyn, nor to those who love you. It seems to me the others do not matter."

I said to Evelyn, then glanced up from my book just in time to see a peevish frown make really plain the clever, interesting face of the girl. "And you, Alice," I continued, as my eyes rested on her perfect profile, "are too wholesome, too sensible, to allow such thoughts to disturb you. Pretty as she is, do you know, And, girls, people are beginning to realize that the plain girl is not necessarily clever nor the pretty one stupid. It all depends on the girl herself."

"Oh, I know, Miss Dawson!" Evelyn declared, "but the plain girl never gets any attention! No one wants to take her anywhere. It's the pretty girls like Alice who get all the invitations."

"Ah," I thought, "now we are getting at the root of the matter."

"You see, Miss Dawson, the boys never ask me to go out with them as they do the other girls," Evelyn continued. "They rather take a girl they can be proud of—one like Margery."

I knew that Margery was not nearly as clever as Evelyn, nor nearly such good company, although she was faultlessly pretty. But men, even big boys, grow tired of a pretty face after a while unless the girl also possesses brains and a kindly heart. Have you ever seen a picture which at first glance seemed beautiful, but which on closer inspection was meaningless? Or a picture which at first did not attract you, but which "grew on you" because of what it came to mean to you? That is just the way it is with girls. You are beautiful or not to those who care for you, according as the beauty of your soul is made evident to them.

I know two sisters so nearly of an age they are frequently taken for twins. One is very pretty, the other plain. One is sure to attract, and at every dance or party she is singled out for much attention, while, at first, the plainer sister seems to be doomed as a wall flower. But aside from beauty of face the kindly heart of the one makes the lot of the other equally happy with her own. After a young man has danced with her she insists he shall dance with her sister, which he invariably does. The sister, knowing she is plain, has become an exquisite dancer so that she may have something to offer her partner, as she laughingly puts it.

There is a lesson in this, dear girls. If you are plain and find yourself a bit neglected, do not sit in a corner and weep, but find out some one thing you can do and then do it a little better than any other girl you know does it. Then, too, never forget that the beauty of kindness, of thoughtful consideration for others, lasts when the beauty of face is forgotten.

But to return to Evelyn.

About a year after our little talk I heard that she was to marry one of the most intelligent, most successful young business men in the city where she lives. Do not think it always turns out this way, for Alice, one of the prettiest of my girls, married a splendid man, and she makes him the best of wives. But alas and alack! It is too often the case that the pretty girl depends on her prettiness, and so her plain sister, who cultivates charm, a kindly heart and intellectual powers outstrips her in life. Dear plain girls, do not dwell on the fact that your nose isn't Grecian or your hair golden. Nor, my dear pretty girls, do you not think because of your beauty you will succeed if you are silly, giggling creatures. Both of you make the most of the face and form God has given you. Make of yourself the charming, unselfish girl who is welcomed everywhere, and—who wears well.

For—let me whisper it—The girl who has developed every charm, every talent, every kindly impulse she possesses, has far more chance of holding the affection of the man she eventually marries than does the girl who all her life has banked only on her prettiness. Marrying a man is not so difficult—every girl has at least one chance. It's keeping the loyal, devoted husband that shows the really successful woman.

## SENTIMENT STILL LIVES IN OUR LARGE CITIES, SAYS ELEANOR GATES

TRUE romance, according to the corner store philosophers, becomes anemic as civilization progresses, and in the larger cities is to be found only in the dictionary—that is, with a few slight reservations.

Give ear to the arguments of these gentry for a time and they may succeed in convincing you that the tall buildings, standing shoulder to shoulder over miles and miles of acreage, hold back the expression of real human sentiment; that the labor necessary to overcome the great distances between dwellings and places of business tends to stifle gentler thoughts and sentiment; and that the everlasting competition and hustle for existence throttles the heart interest in a vast majority of those living in or about the confines of our large cities.

To them no place remains for the love-making and honeymooning of their day dreams but the hamlet sprinkled countryside, and they are loath even to admit that the nation's entry into the great war, a circumstance upon which romance always has thrived to the full, will do much to revive true sentiment, at least as far as this city is concerned.

For the purpose of obtaining a worth while opinion from one who has viewed romance from all angles and has given it years of study, the question of whether romance is a dead letter in the big cities—so dead that even the war cannot revive it—was put before Miss Eleanor Gates for answer.

Miss Gates, author and traveler, whose pronounced opinions on romance of all complexions have found expression in her books and plays, is probably best known and loved because of her wonderful tale of child life, "A Poor Little Rich Girl," afterward dramatized and then enacted for the films, and for her faithful delineation of the modern business woman in her book "Apron Strings."

"Any suggestion that the country and not the city is the ideal place for love-making and honeymooning," she said, "is from my viewpoint a million miles from the truth. I spent nineteen years of my life in the country, and I look back upon these years with a shudder. The city really is private, while the country is the most public place in the world."

"Every living creature craves privacy for its love-making and mating. It is God's scheme and nature's effort, and in the city, as nowhere else, the human creature can find the privacy which they need. In the country, where the people are narrow and prone to exaggerate, every move, every coming and going of all, are watched by eyes on every side. The slightest incidents which in the city would pass unnoticed there are seized upon for gossip, and the snoops delight in nosing into every one's affairs and gossiping about everything they see."

"No, I simply abhor the country and its people for their narrow views and boorishness. It is all very well for the poets to rave for making love in the fields of clover or beneath the shade trees along some babbling brook, while the birds sing and the bees hum, but those flights of fancy are rubbish. Like the brooks, the poets merely babble. There is no privacy in the country. Let a man but speak to a girl



ELEANOR GATES

and at once some of the busybodies couple their names, and if they should walk half a mile together those who saw them would promptly declare them engaged, and in course of time, through their gossip, probably would make the two marry.

"There are more love tragedies in the country than anywhere on earth, and often those living there who would like to spoon in the good, old fashioned way are driven apart either by gossip or the mouth of a temptress."

"Love is a splendid emotion, but an emotion which shuns publicity. It brings out the best in two human creatures, hopeful of mating but desirous of exchanging their

splendid romance—the great, big, mighty romance through which brave men with sentiment, honor and traditions to fulfill have in the past and will in the future thwart the designs of the wicked, the cruel and the avenging.

"The sight of a soldier's uniform thrills every one, but particularly a woman, for to her it represents bravery and strength and, what has fully as great an appeal, defence. Sometimes the feeling kindled is but admiration, but where the woman is interested in the man it increases the love interest. And isn't it the most natural thing in the world for a woman, loving a man about to go forth to battle, to wish to cement that love with marriage before his leave-taking, perhaps never to return? Is there a woman worth while who does not feel a thrill of satisfaction, even though it be tinged with sorrow, when she realizes that the one man in all the world for her has taken his arms and gone forth, at the risk of his life, to fight for the cause of humanity, for her protection and for his country and its traditions?"

### War and Marriage.

"I know of a young married lawyer, a man whose income was fully \$10,000 a year, who has dropped all business and, with a lieutenant's commission which will bring him about \$2,000 a year, has gone to Europe to fight the savage Prussian. But his wife would not have it otherwise, for he has proved that he is a man—every inch of him. She would far rather picture him on the battlefields of Europe, clad in khaki, than to see him daily riding in the street cars in his tweeds."

"And this brings me to another point. Why does the government persist in separating the soldiers and their families? To be sure, there is a theory that this separation makes the final start for the battlefields less keenly felt, but that is not sound reasoning and gets us nowhere. If I had my way there would be homes for the families of the soldiers erected opposite every encampment, and every minute that the men were not actually on duty they would be with their wives and children. Let the men and their wives mingle as in times of peace, and after they are gone let their wives bear children. Those are the kind of children we want—not those of the slackers who sneak out of service and remain behind, to continue to populate the earth with offspring who may grow up as despicable as themselves. It would be a magnificent thing to feel that every man who went to the front would later on be the father of a living monument to his bravery."

"Isn't it a farce that the government will not do what it can that there may be more and more sound, beautiful children of soldier men when these contemptible slackers are permitted to remain behind and continue to breed? And some of these slackers have managed to make their way back to Europe recently and are striving to hinder in every way possible the efforts of those allied in the war for humanity to crush the most autocratic power that ever strove to wreck civilization."

## Preserving Fruit Juices for Jelly

FRUIT juices for use later in jelly making can be sterilized and bottled without sugar and made into jellies at the housewife's convenience.

This enables her to do with fewer jelly glasses and to distribute her purchases of sugar for jelly making through the year. Moreover, with the bottled juice she can make a greater variety of jellies, as juices which will not jell can be put up when the fruit is ripe and combined later with fruits that will jell, or fruits ripening at different seasons can be combined.

For example, the juice of strawberries, cherries or pineapples can be kept without sugar, and later when apples are plentiful can be made into combination jelly.

From the unsugared sterilized juices of currants, apples, cranberries and grapes, kept from nine to eighteen months, the Bureau of Chemistry, United States Department of Agriculture, recently made jellies of excellent texture, flavor and color.

To put up unsugared fruit juices for jelly making, proceed exactly as if jelly were to be made at the time. Cook the fruits until they are soft and strain out the juice through a flannel bag. Heat and pour while hot into bottles previously scalded.

Fill the bottles full, leaving no air space between juice and cork or seal. Place the filled sealed bottles on their sides in water near the boiling point and keep them in the bath for about thirty minutes.

Make sure that the corked or sealed end is under the hot water. As soon as the bottles are cool cover the cork with a paraffin seal. Thorough sterilization and sealing are absolutely essential to success.

To make jelly from the sterilized juice test its jelly quality and the proper amount of sugar and proceed as in making jelly from freshly expressed juice.

To make coffee butter icing, stir six ounces of butter with fourteen ounces of fine icing sugar until it is the consistency of cream; add by degrees strong coffee to taste; spread between cakes like jam.

Onions, if large enough, may be stuffed with the same filling used for tomatoes.

Wafers which are not sweet are an agreeable change served with afternoon tea.

Egg stains on table linen should be soaked out in cold water, not hot, before washing.

Irish broth is a good mutton stock in which vegetables have been cooked.

The dough of bread made with milk is peculiarly smooth and elastic.

Use light colored manila paper to singe chickens and there will be no smoking.

## Coast to Coast in a Modern Apartment on Wheels



MR. AND MRS. A. W. ROBINS AND AN INTERIOR VIEW OF THEIR HOUSE ON WHEELS.

From coast to coast in the world's only "house on wheels" is the feat of Mr. and Mrs. A. W. Robins, of San Francisco, now in New York, after an adventurous trip across the continent in an automobile that has all the conveniences of the modern city apartment.

When the trip was decided upon, out in San Francisco, Mrs. Robins declared she would not travel unless she could have all the comforts of home, so Mr. Robins hastened to a garage, where he mapped out plans for the "house on wheels."

The new home of the Robins has a bedroom, parlor, library, kitchen and conservatory with growing plants all in one. It is a light touring car with a truck body and rides as smoothly as a ship on the sea. Mrs. Robins says. She declares she is the one who should know, for it was she who drove every inch of the big stretch from the Pacific to the Atlantic.

### Adventurous Trip.

There was no time limit on the trip and it was filled with so much adventure that the car has been given the name "Adventurer." Once when the car was in the Rocky Mountains the Robins were attacked by wildcats, but escaped. Again when the car was making a steep hill the brakes collapsed and both Mr. and Mrs. Robins had narrow escapes when it began to crash backward down the steep incline.

Big, cushiony seats used by the driver in day time are transformed at night into a big, comfortable bed. There is a water tank with running water, hot and cold, also a folding sink, portable baths and a gas stove. Electricity and gas for lighting are nothing new for "The Adventurer," and there is a separate oven, where Mrs. Robins bakes her own bread.

The library and conservatory are the

prettiest "rooms" in the "house." The library is filled with books in cases and a victrola that boasts of one hundred of the very latest records. Oftentimes when the Robins were howling off in the mountains Mr. and Mrs. Robins were dancing to the tune of a jazz band piece or a tango. Flowers and ferns adorn the conservatory, the windows of which are dressed in lace curtains.

Closets, drawers, butter's pantry, an ice

chest, folding chairs and tables and a writing desk are a few of the other things in the "house on wheels."

Mr. Robins was a printer in San Francisco, where he and his wife were for the last ten years. Mrs. Robins' home in Chicago, and they stopped off there on their way East. As soon as the weather becomes real cold in the East they will start for Florida, where they expect to remain until spring.

## Home Administration

LONG past is the day when the household administration might be conducted on a haphazard basis. To-day the woman who holds the reins of government of the domestic circle finds herself getting nearer and nearer to the medieval days when the chateleine of the castle meant far more than the carrier of the keys.

For, strange as it may seem, the housekeeper of to-day is not so far removed from the woman of that far period, whose life was so narrow and so circumscribed in many ways, and on whom there yet devolved many and arduous duties.

### Home Administration.

The woman who does not administer the affairs of the home to-day with consideration of the period in which she lives, and of the effect of her methods not only on her own household but on the lives of those about her, is placing herself not only in the class with the feminine parasite, but is, all unwittingly, proclaiming herself one of that army of slackers. The army, luckily, is growing less daily, as it is being brought home to the American people that warfare in the trenches and on the high seas is not the only way to serve one's country.

It is a pity that so few American women have been really trained in the keeping of household accounts. The women of France and of England have had instilled into them for many generations the need of this training if they are to meet the obligations of their high station.

The women of this country have been used to delegating much of the conduct of their households to servants, or else have been so engaged in doing the work of the home themselves that they have taken small notice of the importance of keeping household accounts of any kind.

Yet there is no way in which the family income may so easily be depleted as by a haphazard manner of housekeeping.

Every woman who is at the head of a household, whether her own or in the capacity of housekeeper to another, should

not only keep a record of every expenditure, but should study the markets, be grounded in the scientific value of foods and be culinary expert enough to know when those foods are prepared in such a way as to get from each pound of food and of fuel its greatest value.

No longer may the women of America go light heartedly on their way, leaving the administration of their homes to paid help, for it is no longer a matter of personal preference as to keeping house or leaving it to some one else. America needs more than anything else just now that the women of this country be imbued with a deep and abiding realization of their duty in conserving the products of the land that must feed not only the people of this country, but our men abroad, and help to nourish the armies of the Allies.

Not easily may one make a pound of food do what two pounds once did, for the sake of the nation. But this can be done, and is being done by many women in the United States.

Where the home has been allowed to take care of itself, or left much to servants, it is not an easy thing to conduct the household according to the present standards of living, when to waste is considered a disgrace, and to spend a dollar more than necessary a real, if unintentional, evidence of disloyalty.

The magazines and newspapers of the country are doing their part in educating women to a real appreciation of duty to their government in the matter of food control, and for those who need other assistance in the matter of food values and scientific application to home living the government in Washington will gladly furnish all information desired.

### Start an Account Book.

The woman who cooks her own meals and cares for her own household economically and proficiently is doing her part quite as effectively as the woman who is able to leave these details to a housekeeper or a maid, while she takes her place with the Red Cross workers or the other organizations which are rendering such effective aid to the United States government.

Get out your old arithmetic and practise addition. Start an account book to-day. Study food values, use tried recipes, and by giving your family nourishing food at a minimum cost do your part in this great world war.